

TOWN OF BEDFORD

BEDFORD, MASSACHUSETTS 01730

HEALTH AND HUMAN SERVICES

Health Department
Town Center Building - 12 Mudge Way
Bedford, MA 01730-2144
Phone: 781-275-6507
Fax: 781-687-6157



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Heat Preparedness

This week, May 23rd through May 27th, marks the beginning of the second annual Heat Preparedness Week in the Greater Boston area. In MA, a heat wave is defined as three or more day with temperatures above 90°F. As summer months approach and global temperatures increase due to the sustained impacts of climate change, the Bedford Health Department recommends taking preventative measures to prepare for potential heat waves. Preparing for the hot weather can help reduce the risk of heat related illnesses.



(MAPC: Heat Preparedness Week 2021: Take Action Today – MAPC, 2022)

Monitor Those at High Risk for Heat-Related Illness:

- Infants and children below five years of age are more prone to the effects of extreme temperatures. Children should be provided with adequate fluids and sunscreen whenever in direct sunlight.
- Never leave infants and children alone in parked cars, and take frequent breaks in cool indoor environments or shade when spending extended time outside.
- Those 65 years and older and people with pre-existing conditions (such as asthma) are at higher risk for developing heat related conditions.

Stay Cool Indoors:**The Bedford Public Library – 7 Mudge Way, Bedford 01730**

- Monday – Thursday 9am to 9pm, Friday 9am to 6pm, Saturday 9am to 5pm

The Bedford Counsel on Aging – 12 Mudge Way, Bedford 01730

- Monday – Friday 8am to 4pm, Saturday 10am to 3pm

The Burlington Mall – 75 Middlesex Turnpike, Burlington 01803

- Monday – Thursday 11am to 8pm, Friday – Saturday 10am to 9pm, Sunday 12pm to 6pm

Know the Signs and Symptoms of Heat Related Illnesses!**Heat Stroke:**

- High body temperature ($\geq 103^{\circ}\text{F}$)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Nausea
- Dizziness, confusion or fainting

Heat Exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Headache
- Dizziness, weakness or fainting

Heat Cramps:

- Heavy sweating during intense exercise
- Muscle pain or spasms

Sunburn and Heat Rash:

- Painful, red and warm skin
- Blisters on skin
- Red clusters of small blisters on the neck, chest, groin, or elbow creases

(Source: *Warning Signs and Symptoms of Heat-Related Illness / Natural Disasters and Severe Weather / CDC*)

Heat Stroke and Severe Heat Exhaustion are Medical Emergencies, call 911 if you are experiencing symptoms for rapid medical attention.

For additional Information please contact the Bedford Health Department:

Phone: 781-275-6507

Website: <https://www.bedfordma.gov/health-department>